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Alice F. Beesley
Home Demonstration Agent
Apache County Narrative
Report

ANNUAL NARRATIVE REPORT
APACHE COUNTY, 1940

Summary

The former Home Demonstration Agent, Isabell Pace, was in the county Dec. 1939, Jan. 1940, and Mar. 1940. During the three months of February, April and May, 1940 there was no County Home Demonstration Agent on duty in Apache County. Alice F. Beesley took the duties as Home Demonstration Agent June 1st, 1940.

Isabell Pace attended the National Congress in Chicago in December, 1939, and spent January and March completing her reports and projects in Apache and Navajo Counties prior to being transferred to Maricopa County in April. She left an excellent tentative plan of work in the office which the present Agent has endeavored to interpret and conduct so as to render the best services possible under the existing conditions. The state leader in Home Demonstration Work has given helpful suggestions and spent four days with the Agent aiding in analyzing the problems and making plans for meeting these problems.

There are four communities in Apache County in which the Agent has worked during the past year - namely, St. Johns, Springerville, Alpine, and Nutrioso. All of these groups are organized Homemakers Clubs with the exception of St. Johns, which is a L.D.S. Relief Society Group. There is a desire for Extension Services in Eagar and Vernon. The Agent will make an effort in the 1941 program for organization of home makers in these groups.

The Clothing Specialist, Lorene Dryden, spent 6 days in the county conducting lessons on Fitting and Remodeling Garments. Observing and assisting the specialist gave the Agent valuable suggestions and information which were used in later preparations for her own demonstrations.

The Nutrition Specialist, Jean Stewart, spent 3 days assisting the Agent with plans for a project on Lunches for the School Age Child, and presenting demonstrations on "How We Grow" emphasizing the choice of foods for young children. A number of individual requests for assistance have followed these lessons. There is a great need for hot lunches for school children in this county due to the fact that many children ride long distances to school in buses and in many communities the food supply in the homes is inadequate. Through the cooperation of local organizations with the Welfare and Social Security Office, the County Nurse, County Superintendent of Schools, Home Supervisor of the F.S.A. and the Agent, three schools have organized and with the use of Surplus Commodities are serving hot lunches to 170 children.

The assistance of the County Nurse was secured in preparation for the lessons on "Communicable Diseases". The diseases for which one can obtain immunization or vaccination were emphasized. The local schools are conducting an immunization program and an effort was made to correlate the lesson with their program. Homemakers were eager to secure information on care of the sick in the home and general health and sanitation. Preparations are being made to meet these requests in 1941 with lessons on the "Care of the sick in the home" and making a first aid kit for home use, and a directed campaign on household pests and how to control them.

Other projects which will be emphasized in 1941 are: shoes and hose in relation to health and economic problems, and physical and social developments of the young child. Plans are underway to cooperate in every way possible with the mattress making projects which is being undertaken as a national and state project.

There were 4 4-H Clothing Clubs in the county during the year. Three of these clubs were organized after school began this fall so their work will not be completed until spring. The other club completed its projects and held an Achievement Day early in October at which there were 12 members present and 11 mothers. There was a total enrollment of 40 girls and 1 boy in the clothing clubs.

One 4-H Baking Club was organized and work on their projects has been completed with the exception of the reports and an Achievement Day. Plans have been made to complete this work during the Christmas holidays and awards will be presented at that time.

The Agent, one leader and two girls from the St. Johns Clothing Club attended the 4-H Roundup in Tucson. The girls were on a judging team. Reports on the Roundup were made by the girls at their local Achievement Day program.

The state 4-H Club leader spent two days in the office assisting the Agent with plans for organizing and conducting the 4-H Program. Plans are being made to broaden the 4-H Club program in the county with the hope that local leaders will be secured early in the new year and a club organized in each community.

Alice F. Beesley
Home Demonstration Agent

ANNUAL NARRATIVE REPORT

Agricultural Extension Service
Apache County

Alice F. Beesley
Home Demonstration Agent

I. Organization
 Sub-Project B. Home Economics Extension
 Organization
 Phase 1. Home Makers Clubs

A group of twelve ladies met in Springerville in June and organized a new Homemakers Club. This club has been very cooperative and has enlarged its membership to twentytwo homemakers. The group is aiding in sponsoring the school lunch project in the elementary school.

The Homemakers Club At Alpine has reorganized and has an enrollment of twenty members. This Club has purchased a new "Model C" National Pressure Cooker. A careful record will be kept of all persons using the canner and of the number of quarts of canned foods put up with it. This Club has given assistance to the new maternity hospital in St. Johns by doing sewing and donating linens and canned foods for use in the hospital.

The Nutrioso Homemakers Club has reorganized and elected new officers and has an enrollment of twelve members. This group made the initial suggestion for lessons on "Health and Sanitation."

Sub-Project c. 4-H Clubs
 Phase 1. 4-H Club Organization

4-H Clothing Clubs were organized in St. Johns and Eagar with a total of 40 girls and 1 boy enrolled. The members of only one club have completed their projects. The other three clubs organized in October so are just beginning their work.

One 4-H Baking Club was organized. Work on their projects has been completed with the exception of their reports and an achievement day. Plans have been made to complete this work during the Christmas Holidays and awards will be presented at that time.

The Agent, one leader and two girls from the St. Johns 4-H Clothing Club attended the 4-H Roundup in Tucson. The girls were on a judging team. Reports on the Roundup were made by the girls at their local Achievement Day program which was held early in October.

Xl11. Nutrition

Sub-Project B. Food Preservation Phase 2. Canning Foods

Fourteen ladies in the five communities brought their pressure cookers to the general meetings in August and the Nutrition Specialist checked the gauges and made recommendations where needed. Fourteen ladies in the county volunteered to keep canning records during the year 1940-41. Eleven ladies in Alpine will keep Food Storage records during the year.

Sub-Project C. Food Selection Phase 1. Good Growth and Development.

The Nutrition Specialist with the assistance of the Agent spent three days in the county presenting information and lantern pictures on "Growth and Development" in four communities. Emphasis was placed upon the selection of food for a pre-school age child. Booklets entitled "How to Feed Young Children in the Home" by Merrill-Palmer School, were given to thirty-two mothers of young children. Fifty-one homemakers attended these lessons.

Malnutrition in young children was explained in these lessons and attention was directed to causes, signs and means of correcting deficiencies caused by malnutrition. The picture below illustrates points to be noted in malnutrition - namely, prominent forehead, sunken appearance between eyes and low on the forehead, strained expression about the eyes and mouth, hair coarse and straight, bone formation--joints prominent and somewhat enlarged, feet wide apart showing hip joints are probably enlarged and that the pelvic bones may be deformed, chest is sunken and abdomen prominent, and bones are not as straight as is desirable. This child did not walk until 22 months of age due to malnutrition. She was 24 months of age when the picture was taken.



Fig. 1

Sub-Project D. Food Preparation
Phase 7. School Lunch

The Agent held conferences with the County Superintendent of Schools, County Nurse, County Welfare and Social Security Secretary, and County N.Y.A. Worker, and Home Management Supervisor of the Farm Security Administration concerning the organization of local communities for School Lunches using Surplus Commodities. Three schools in the county are serving hot lunches using Surplus Commodities with an estimate of 170 children being served daily. The Agent conducted an extension lesson on "Lunches for the School Age Child" in four communities. At these lessons circulars with menus and recipes for quantity cookery were given to the homemakers. Forty-seven homemakers attended these meetings. The Nutrition Specialist organized a group of menus for a two weeks period with quantity recipes included and a copy of these was given to each school conducting the lunch program.

XIV. Clothing

Sub-Project A. Selection
Phase 1. The Well Dressed Woman

In June and July the clothing Specialist presented the lessons "Fitting the Dress You Make or the Dress You Buy" and "Extending the Life of the Garment". Seventy ladies attended these meetings. The Specialist also held two meetings on "Selection of Styles" where the lesson had not previously been conducted. Twenty-eight ladies attended these two meetings.

Fifty ladies followed in some way the recommendations given in fitting or remodeling clothing. This consisted of remodeling garments into childrens clothing, remodeling suits for women's dresses, shirts or jackets, and for children's coats. Dresses were refitted to fit the individual also.

Twelve home visits were made by the Agent to assist the homemakers with clothing problems.

The picture which follows shows a dress which was remodeled under the direction of the Clothing Specialist. The neck line was changed and a small rolled collar added, the sleeves were made short and with fullness over the shoulder line, and the skirt was shortened at the waist making an afternoon or street length dress.



Fig. 2

The dress pictured below was fitted for the homemaker by the Clothing Specialist. The armseye was raised at the shoulders giving a more narrow appearance and a trimmer line across the shoulders. The waist line was raised and fitted to the figure.



In the demonstration on "Selection of Styles" the picture below shows how a lady having a prominent abdomen, rounded shoulders and a hollow chest was improved in appearance by being fitted with short pull sleeves, light collar with rolled effect over shoulders, and a full blouse above the prominent abdomen.



XVI. Health

Sub-Project B. Health Program Phase 1. Care of Sick

The Agent spent five days in the county preparing and presenting lessons on "Communicable Diseases". These lessons were presented and twenty-two homemakers were present. The diseases for which immunization or vaccination are recommended by the State and National Health Department were emphasized. Conferences were held with the county nurse in preparation for the meetings. Six home visits were made in relation to health and diseases. Twelve individuals reported improved posture as the result of exercises and general attention to posture principles. The Agent was assisted in Springerville by a local physician, Dr. Agnes Carr, in whose home the meeting was held.

XVIII. Community Activities

Sub-Project B. Conference

Phase 1. Annual Conference

Isabell Pace, Agent in Apache County for December 1939, January and March 1940, attended the Annual Extension Conference in Tucson in January 1940. One feature of this conference was the history of extension work during the past 25 years. The tour in Maricopa County was very interesting as well as beneficial.

The County Home Demonstration Agent spent from June 1 through June 6 assisting with preparations for and attending the Country-Life Conference in Tucson. No ladies from this county attended the Conference, probably because of the absence of a County Home Demonstration Agent at the time.

Sub-Project B. Conference

Phase 1. Annual Conference

The Agent; one 4-H Club Leader, Cora Overson; and two club members, Grace Shreeve and Frances Udall, attended the annual 4-H Roundup in Tucson. The two club girls were enrolled in Clothing II and contested in the Clothing Judging.

Sub-Project B. Conferences

Phase 2. Office Conference

Office Conferences were held with the County Superintendent of Schools, County Nurse, County Welfare and Social Security Worker, and County N.Y.A. Secretary to determine the need for hot lunches in the schools. Three schools are serving hot lunches using surplus commodities to 170 children.

Sub-Project K. Recreation

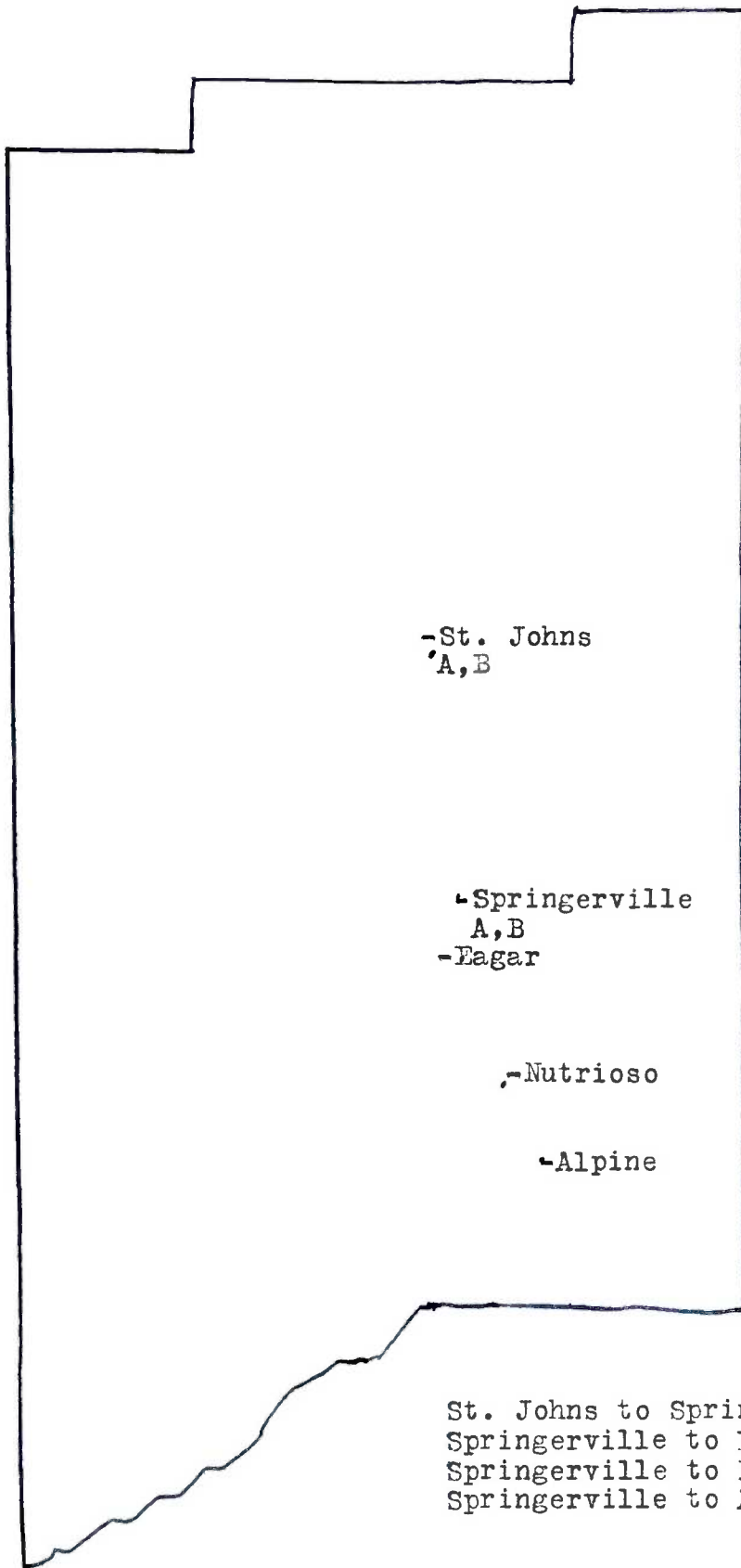
Phase 4. Christmas Gifts

Four extension lessons were given in Apache County on "Christmas Suggestions". An excellent response was shown everywhere and especially at Springerville, where over three-fourths of the members contributed suggestions for the group. The Vocational Home Economics instructor cooperated nicely by loaning her homemade toys to the Agent for homemakers meetings which were attended by seventy-two ladies.

Mattress Project:

The Agent met with the committees of the A.A.A., Farm Security Administration, County Agent's Office, and Mr. Steenbergen for consultation, plans and arrangements for carrying on the mattress project in Apache County. Meetings will be held in the immediate future to estimate the needs and the chances of promoting the project with Round Valley as a center.

Apache County Map



A - Adult groups

B - 4-H Clubs

PREPARE NOW FOR HOT SCHOOL LUNCHES

School bells will soon be ringing and the school bus will pass your door. It is a long day for children who have many miles to travel. Only the healthy child, who is well-nourished and permitted ample time for sleep will be able to face the approaching winter free from colds and infections. Only this child will be able to attend school daily.

An adequate noon meal is particularly difficult to ensure in the old lunch pail. This problem is being met by school districts all over the United States. School lunch projects are everywhere being organized.

Some communities present special problems but none are too great for solution. In one school district where there are no facilities for the preparation of the food at school the luncheon dishes are prepared in various homes and the school bus collects the food and delivers it to the school at noon. Down Oak Creek Canyon way in Yavapai County, a community is canning peaches, plums, pears, string beans and tomatoes for the school lunch project. They will have a well stocked school pantry.

Close to 7000 school children in Arizona last year benefited from the Federal Surplus Commodity program which allots surplus commodity foods for school lunch projects. Has your community availed itself of this opportunity? Such basic foods as white and graham flour, cornmeal, dried beans, butter, onions, dried fruits, citrus and fresh vegetables, dried and evaporated milk are available. When supplemented locally an adequate noon meal may be inexpensively assured. All school principals are acquainted with the program and fully aware of its value to the children.

Under the school lunch program utilizing surplus commodities

it is necessary that a local organization sponsor the project. This may be the local P. T. A., Homemakers Club, American Legion Auxiliary, Red Cross, Ladies Aid, Relief Society, 20-30 Clubs, etc. Generally the school furnishes space and facilities for the preparation and service of the food. Lacking space in the school, near-by buildings or homes may be utilized. W. P. A. and N. Y. A. services are available for the preparation and service of the food.

Local donations of food, equipment, fuel and services assure the success of the program.

Utilize the agencies that may assist you in organizing and carrying on your school lunch project. These include the County Superintendent of Schools, Agricultural Extension Service and the Public Health Service. Plan now so that the health of the children may be built up before winter approaches.

LUNCH FOR SCHOOL CHILDREN

School bells are ringing and mothers are turning their thoughts to the school lunch pail. For some the pail will be brimming full of all those foods which make sparkling eyes and pearly teeth, straight bodies and ruddy cheeks. For all too many it will be packed with indifferent foods, lacking in variety which do not tempt the child's appetite and which all too frequently still remains in the bottom of the pail at the end of the day.

The school lunch represents $\frac{1}{4}$ of the meals for a week for the growing child. It should provide at least: one glass of milk, one serving of green or yellow vegetables, fresh or stewed fruit, and a tissue building food such as meat, cheese, egg, peanut butter or dried beans. Here is a suggested lunch box menu which can be readily packed.

Thermos bottle of chilled milk	
prune sandwiches	Raw carrot sticks
Orange	Molasses cookies

To make the prune sandwich filling: Mix well 1 cup of chopped raw or cooked prunes, 1 tablespoon melted fat, $\frac{1}{2}$ cup cottage cheese, spread on whole wheat or graham bread. Try this recipe for molasses cookies.

1 cup molasses	1 tablespoon ginger
$\frac{1}{2}$ cup shortening	1 tablespoon soda
$1\frac{1}{2}$ cups white flour	2 tablespoon warm milk
1 cup graham or whole wheat flour	1 teaspoon salt

Heat molasses to boiling point, add shortening, and warm milk. Sift ginger, soda, salt and flour and add. Drop from spoon or chill, roll and bake in a moderately slow oven. (325 degrees F).

HOME DEMONSTRATION PLAN OF WORK

COUNTY Apache

HOME DEMONSTRATION AGENT

Alice F. Beeley

Y.R. 1940

Project Sub-Project	Communities	Leaders	Unroll-ment	Method Dems.	Method of Procedure	Goals	Days Spec.	Days H.D.	Month
Clothing Fitting the Dress You Make or Buy	St. Johns Alpine Nutrioso	1 1 1	29 10 4	4	Specialist with subject matter, ill. dressed material	Better women	3	2	June
4-H Club Organization	St. Johns Springerville	3	12 16		Aid leaders in organi- zing clubs	Develop ab- ilities to use hands & cooperate in the homes		3	June
Clothing "Extending the life of the Garment"	St. Johns Nutrioso the life of Springerville Alpine February	1 1 1 1	8 11 17 8	5	Specialist Agent in- sists- ting	Better use of old gar- ments. Better sel- ection of style.	3	4	July
4-H Club	St. Johns Springerville	12 16			Secure lead- ers and aid for 4-H Ro- them with subject mat- Tucson	Pre- erations 1	4		July
Nutrition "How we Grow"	St. Johns Springerville Nutrioso Alpine February	1 1 1 1	14 13 6 10	5	Specialist- subject mat- the No. of ter, illus- mal-nour- tritive material children	Decrease the No. of mal-nour- ished children	3	5	August
4-H Club	2	23	3		Aid leaders	chieve- ments		4	August
Community Fair	County wide	8			Preparation and parti- cipation	High grade food prod. Fresh & can- ned. Better Clothing	2	12	September

HOME DEMONSTRATION PLAN OF WORK

COUNTY Apache HOME DEMONSTRATION AGENT Alice F. Beasley YEAR 1940-41

Project Sub-Project Phase	Communit-ies	Lead-ers	Enroll-ment	Method Dems.	Method of Procedure	Goals	No. Days Spec	No. Days HDA	Month
Nutrition "School Lunches"	Alpine Nutrioso Springerville St. Johns	1 1 1	11 4 7 25	4	Cooperation with surplus commodities committees, County Sup't Health Agency	Hot lunches for all school age children		3	Sept.
Christmas Suggestions	St. Johns Alpine Nutrioso Springerville	1 1 1 1	33 14 7 18	4	Illustration material and instructions	Useful and economical gifts		4	Oct.
Nutrition Communicable Diseases	Alpine Nutrioso Springerville	1 1 1	9 7 8	3	Secure aid of Co. Nurses Local and National Health laws	Better physical condition of children. Immunizations & vaccinations for all children.		3	Nov. & Dec.
Conference	Tucson				Mattress instruction			2	Dec.
Annual Conference	Tucson								Jan.
Nutrition care of sick in the home	4			4	Secure aid of Health Dept. Use illustrative material.	Better informed members of the home.		4	Jan.
Nutrition First Aid	4			4		A First Aid Kit in each home.		4	Feb.

HOME DEMONSTRATION PLAN OF WORK

COUNTY ApacheHOME DEMONSTRATION AGENT Alice F. BeesleyYEAR 1941

Project Sub-Project Phase	Communities	Leaders	Enrollment	Method Dems.	Method of Procedure	Goals	No. Days Spec	No. Days HDA	Month
Nutrition Meal Planning	4			4	Secure aid of specialist and assist with subject matter and illustrative material.	Better practice in meal planning in the home	3	4	March
Nutrition Cleanliness in the Home	5			5	Subject matter on household pests.	FLY traps in Home & general care in cleanliness practices		5	April
Conference in Tucson								5	April
4-H Club Organization	All places where there is an interest				Secure leaders and assist with organizations	Well organized and efficient work by the leaders and members			April
Nutrition	4			4	Secure assistance of Specialist		3	4	May
Clothing Hose	6			6	Secure assistance of Spec. & aid with subject matter and material	Better dressed women	3	5	June
Clothing Shoes	6			6	" " " " " "	" " " " " "	3	5	July

HOME DEMONSTRATION PLAN OF WORK

COUNTY ApacheHOME DEMONSTRATION AGENT Alice F. BeasleyYEAR 1941

Project Sub-project Phase	Communi- ties	Leader	Enroll- ment	Method Dems.	Method of Procedure	Goals	No. Days Spec	No. Days HDA	Month
Nutrition Physical Dev. of the child	6			6	Subject matter & Illustrative material	Proper growth & development of children		6	Aug.
4-H Clubs Achievement	All Communi- ties				Cooperation with local leaders	Achievement for County		10	Aug.
4-H Club State Roundup	Tucson				Preparation & Participation	Better Club Work		4	Aug.
County Fair	6			6	Secure Judges Subject matter & Illustrative material	Coop. of all organized groups		12	Sept.
Child Dev. Social & Mental	6			6	Illustrative material Subject Mat- ter	Better home & family relations for children		6	Sept.
Christmas suggestions & homemade toys	6			6	Illustrative material	Varied gifts at minimum costs		5	Oct.
Safety in the home	6			6	References, check home hazards	Local coop. Fire Preven- tion		5	Nov.
Christmas Meetings					Recipes, and games etc.	Social time together			

COUNTY PROGRAM PLANNING

COUNTY	Apache	DATE	November 15, 1940
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HOME DEMONSTRATION AGENT Alice F. Beesley

1. Organizations	NO.	ENROLLMENT	LEADER'S MTG.	GENERAL MTG.
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Homemakers' Clubs	53	18
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Farm Security

LDS Rel. Societies	69	10
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P.T.A.

Farm Bureau _____

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Total	122	28
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2. Method of Work

Is there an organized County Council that plans the county program?

No. of groups represented	6
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How often does Council meet?

Have you a year's program planned for each group? Yes.

Do you have a unified county program? Yes.

The number of "General Mtgs" indicates the number which has been held to date.